



March Menu - Urbana Senior Center

301-600-7020

UrbanaSeniorCenter@FrederickCountyMD.gov

www.FrederickCountyMD.gov/aging

The meal is served at Noon. Reservations must be made at least 48 hours in advance.
\$4.68 per person per meal. Milk, juice and bread are offered each meal. **Menus are subject to change.**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
29 Breaded Veal Patty w/Gravy Steamed Rice Maple Glazed Carrots Mandarin Oranges	1 Chicken Caesar Salad w/Diced Chicken Croutons/Parmesan Cheese Diced Peaches	2 Ham w/Bourbon Raisin Glaze Sweet Potatoes Sauerkraut Apricots	3 Chef's Choice 
7 Navy Bean Soup Turkey & Cheddar Cheese on Wheat Lettuce Grape Tomatoes Mandarin Oranges	8 Hungarian Beef Goulash Buttered Noodles Cucumber Salad Tropical Fruit	9 Pork Carnitas Black Beans/Mexican Rice Romaine Lettuce Tomato Salsa Cheddar Cheese/Sour Cream Diced Peaches	10 Breakfast for Lunch with Nurse Steve 
14 Cheeseburger with Swiss Cheese on a Bun Baked Beans Cole Slaw Cinnamon Apples	15 Swedish Meatballs Parslied Noodles Peas & Carrots Apricots	16 Multi Bean Soup Curried Chicken Salad On Fresh Spinach Mandarin Oranges Grape tomatoes	17 St. Patrick's Day Lunch Corned Beef Baby Whole Potatoes Steamed Cabbage Steamed Carrots w/Dill Corn Muffin Sheet Cake
21 BBQ Beef Hamburger Roll Cole Slaw Cinnamon Apples	22 Spring Luncheon Roast Pork Loin w/Gravy Green Bean Casserole Pasta Saute/Garlic Sauce Apple Pie w/Topping	23 Baked Potato Tossed Salad Chili con Carne Shredded Cheese Applesauce	24 Fish and Chips Peas Tossed Salad Fruit
28 Roast Turkey w/Gravy Seasoned Potatoes Peas & Carrots Tropical Fruit	29 Pot Roast of Beef Vegetable Gravy Cucumber/Tomato Salad	30 Split Pea Soup Tuna Salad Lettuce & Tomato Diced Pears	31 Soup Salad Sandwich Fruit

Urbana Senior Center

Congregate Meals Information

Dates and Times

Monday-Thursday (excluding holidays)
Meals served at Noon

Reservations/ Cancellations

Reservations must be made at least 48 hours in advance.
Cancellations may be made up to 24 hours in advance.
Register in person at the Center or call 301-600-7020.

Cost

The current cost is \$4.68 per participant per meal.
The Department of Aging must pay for every meal that has been reserved. All meal participants under the age of 60 must pay the full price. Seniors who are 60 years old or older are encouraged to donate as much as they are able up to the full cost of the meal.
A donation is expected to cover the full cost of any meal that is reserved and is not cancelled in advance.

Payment

Checks should be made payable to "Frederick County Department of Aging".
Cash is also accepted but it must be for the exact amount; staff members are not permitted to make change.

Menus

Menus are published monthly. They are available the last week of the previous month. They are also published online at www.FrederickCountyMD.gov/doa . The menus are subject to change.

Transportation: Monday-Thursday

Seniors needing transportation to the Urbana Senior Center for the meal program must call the Senior Center at least 48 hours in advance 301-600-7020. Seniors will be picked up at their homes between 9:45 and 11:00 am. They will be returned to their homes between 1:30 pm and 2:30 pm. Seniors will be given a more accurate pick-up time once routes and number of passengers is established. The cost for transportation is \$2 per round trip. Transportation is limited to the immediate area.

Inclement Weather

If Frederick County Schools are closed due to inclement weather, the congregate meal, the transportation program, and the Home Delivered Meals for that day will be canceled.